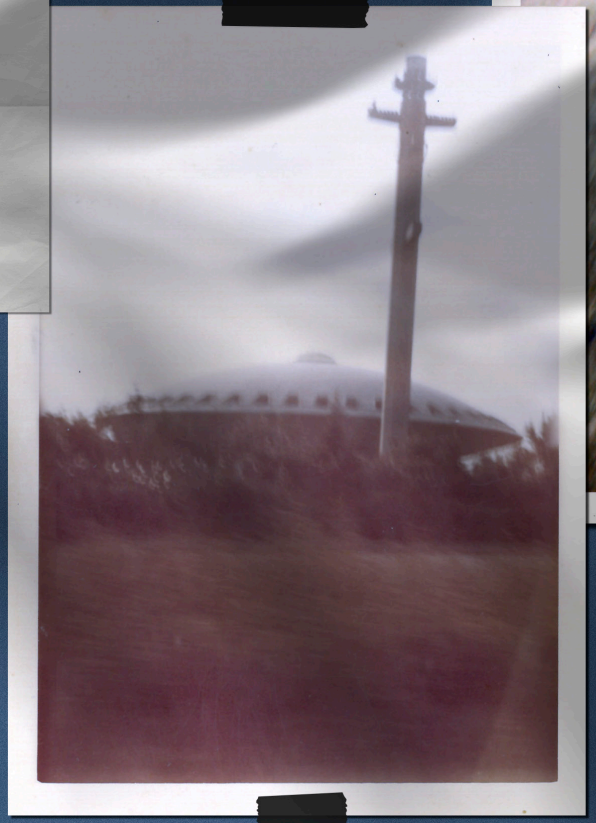
LOUD ANXIETY #1

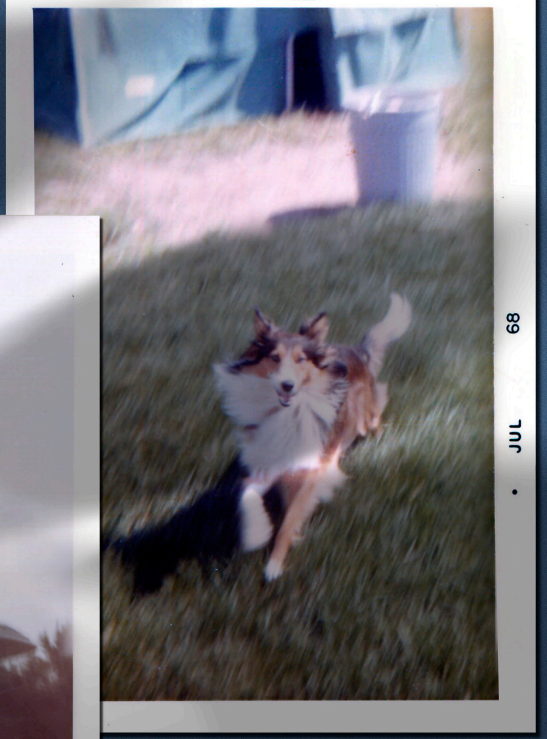
a creative outburst

I thought there would be more time.

THIS IS A
KODACOLOR PRINT
MADE BY
EASTMAN KODAK COMPANY
T. M. REGIS. U. S. PAT. OFF.
Week Ending Sept. 24, 1955
II R 2

Deerfield Beach





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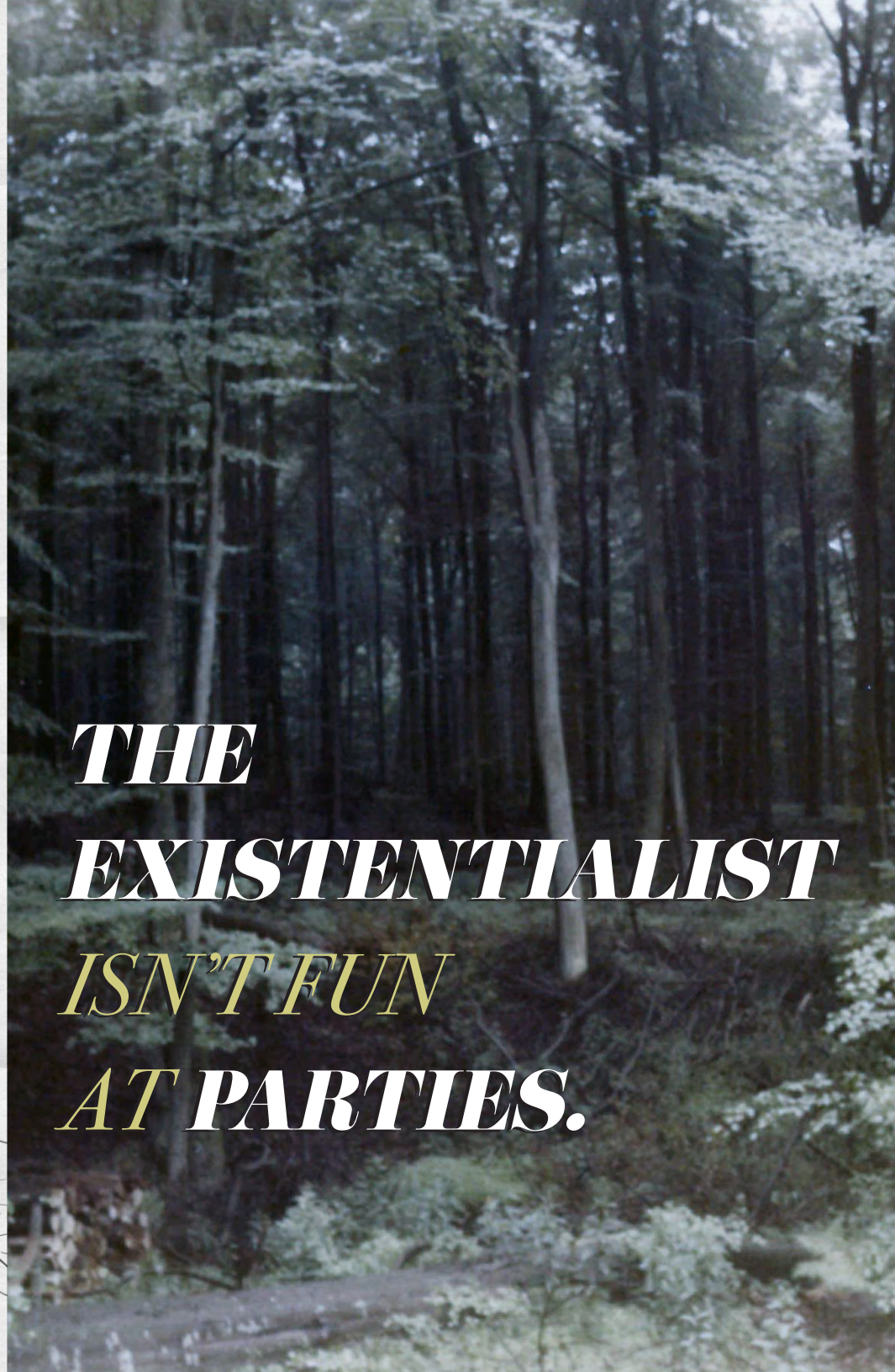
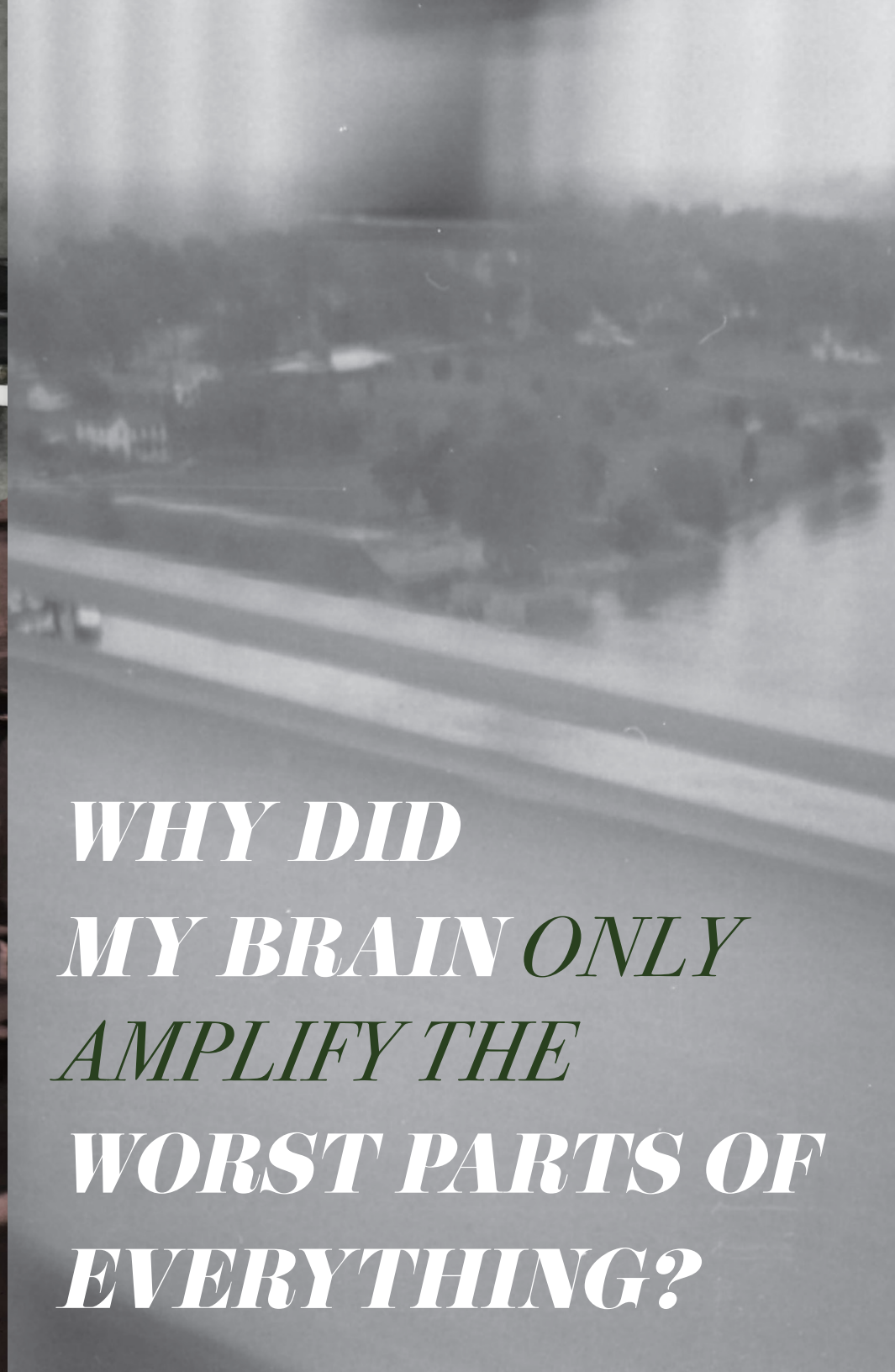
Adventures in Resting bitch Face



THE EXISTENTIALIST *ISN'T FUN AT* PARTIES.

I wish I could call you or have you over.

WHY DOES EVERY-THING FEEL SO HARD?*
*A: BECAUSE IT IS HARD.

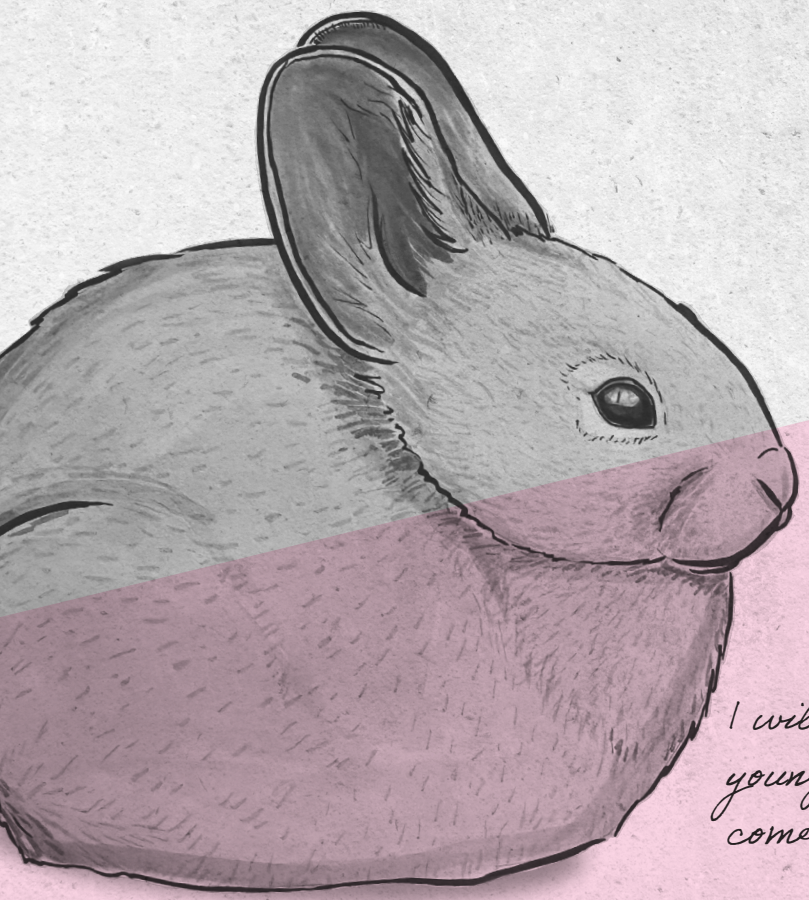

WHY DID MY BRAIN ONLY AMPLIFY THE WORST PARTS OF EVERYTHING?

childless cat lady
vote
@MOGERS.666

WHO WILL YOU TRAMPLE ON ONCE YOU'VE DESTROYED EVERYONE BENEATH YOU?
MW

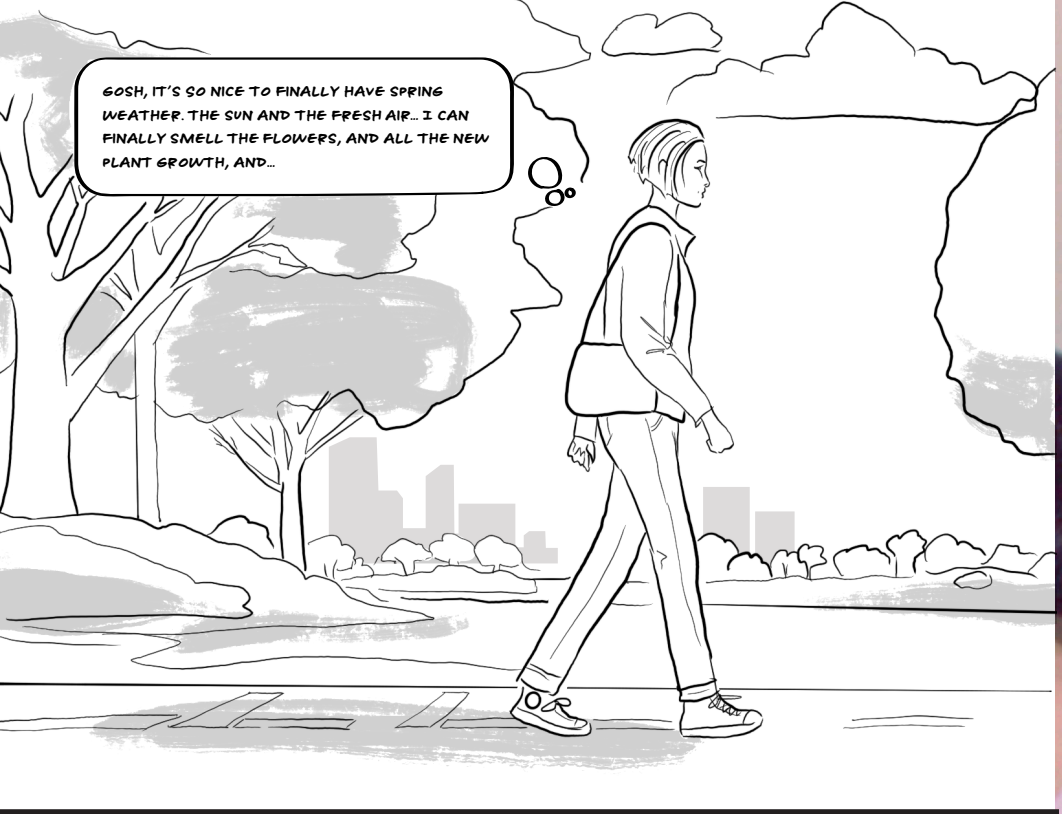
MAY 67

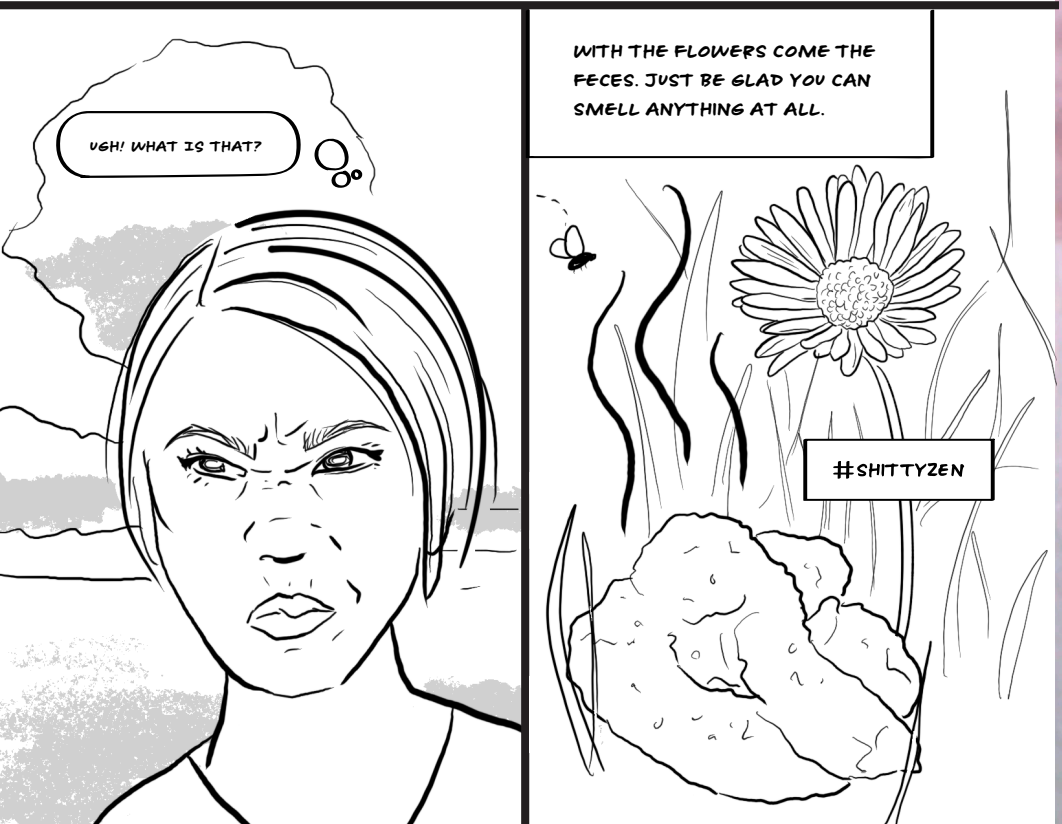
in Thailand, the word for tapir is "P'som-sett" which means "mixture is finished," & refers to the belief that the tapir was created from leftover parts of other animals.

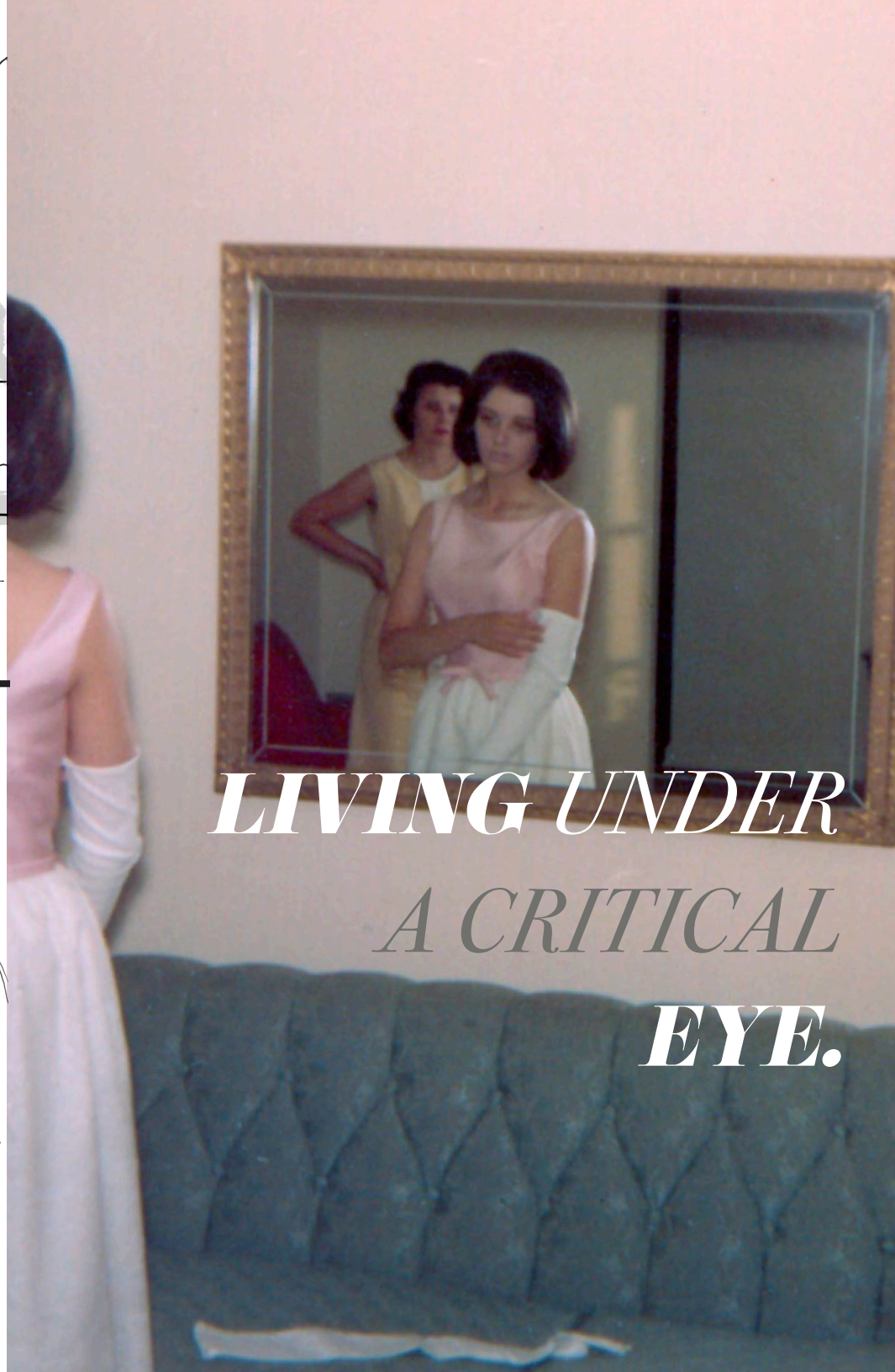


I will eat my young if it comes to that.

I WAS ALWAYS TOO CLOSE TO HAVE THE PERSPECTIVE I NEEDED.


GOSH, IT'S SO NICE TO FINALLY HAVE SPRING WEATHER. THE SUN AND THE FRESH AIR... I CAN FINALLY SMELL THE FLOWERS, AND ALL THE NEW PLANT GROWTH, AND...





LIVING UNDER A CRITICAL **EYE.**

SAM LOPTUS
TEAM I REPORT
AT 0800 SEE
SP/5 WALLACE
FOR ORDERS
TO GO HOME

a list of things I didn't always know were depression symptoms:

1. *Little interest or pleasure in doing hobbies*
2. *Trouble falling or staying asleep, or sleeping too much*
3. *Feeling tired or having little energy*
4. *Poor appetite or overeating*
5. *Feeling bad about yourself or that you are a failure, Unloved, or have let yourself or your family down*
6. *Trouble concentrating on things, such as reading or watching television*

7. *Moving or speaking so slowly that other people have noticed. a marked slowing down of your motor responses such as hand-eye hand coordination Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual*
8. *Forced/feigned happiness*
9. *Lowered sex drive*

LEARNING TO SIT WITH DISCOMFORT, IS THE ONLY WAY THROUGH.

PEOPLE THINK I COME ACROSS AS COLD, UNFRIENDLY, WEIRD, AND UNAPPROACHABLE.

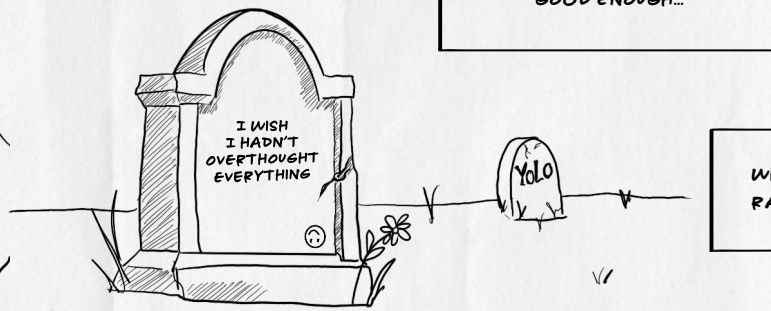
INTROVERTS AREN'T COLD—THEY'RE SELECTIVE. YES, THEY TALK, BUT NOT ALWAYS WITH COLLEAGUES, NEIGHBORS, AND CASHIERS. SMALL TALK EWWS THEM. DRAINS THEM. EMPTIES THEIR SOUL. THEY PICK A FEW PEOPLE TO SHARE THEIR LIFE WITH, AND THAT'S IT. BECAUSE THE DETAILS THEY DO SHARE FEEL SO PERSONAL.

MASKING ALL DAY LONG IS SO EXHAUSTING THAT JUST SPEAKING AT ALL FEELS TOO TIRING (AND POINTLESS, IF WE EXPECT TO BE MISUNDERSTOOD). THERE'S A WAY NORMAL, APPROACHABLE PEOPLE ARE SUPPOSED TO NATURALLY BEHAVE AND LOOK, SO IF WE DON'T FIT THE BILL, WE'RE PLAY ACTING, PLAYING DRESS-UP, FEELING LIKE OUR OWN ACTUAL SELF EXPRESSION IS STIFLED JUST BY HAVING TO BE OUT IN THE WORLD.

SMILING WHEN YOU'RE DEPRESSED JUST TO PLEASE OTHERS, MAKING SMALL TALK YOU'RE NOT COMFORTABLE WITH SO THAT PEOPLE DON'T COMPLAIN BEHIND YOUR BACK... PRETEND TO BE ANYONE BUT YOU, AND IT WEARS AWAY AT YOUR SELF WORTH—MAKES YOU FEEL NOT GOOD ENOUGH...

WE DON'T ALWAYS FORM CLOSE FRIENDSHIPS WITH COLLEAGUES, BECAUSE WE MIGHT BE CONDITIONED TO THINK THAT RELATIONSHIP MIGHT GO SOUTH, THAT SOMEONE MIGHT DISAPPOINT THE OTHER OR COMPLICATE THE SITUATION.

IT FEELS LIKE TOO BIG OF A RISK OF MESSING THINGS UP, ESPECIALLY IF WE CARE ABOUT THAT RELATIONSHIP AND WANT IT TO CONTINUE GOING WELL.



WHETHER IT FEELS RATIONAL OR NOT.

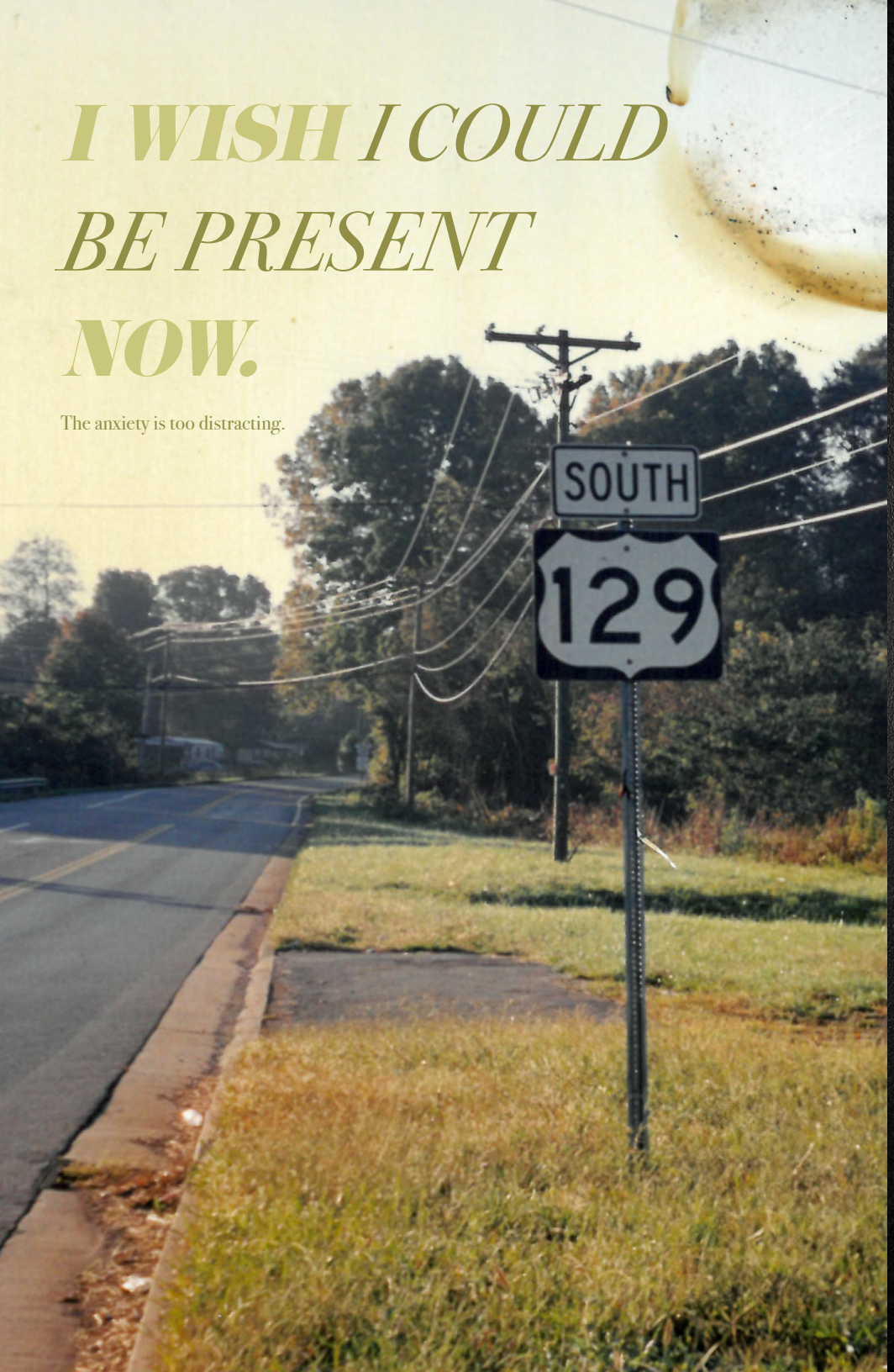
WE DON'T CHOOSE OUR CONDITIONING. WE DON'T THINK THROUGH CONDITIONED BELIEFS, FEELINGS, OR RESPONSES—THEY'RE AUTOMATIC. WE WORK TOWARD BECOMING AWARE OF OUR CONDITIONING AND INTERRUPTING IT—AGAIN, AND AGAIN, AND AGAIN, BUT THE BRAIN RESISTS, EVEN WHEN WE REALIZE BUILDING ALL THESE WALLS IS NO LONGER SERVING US.

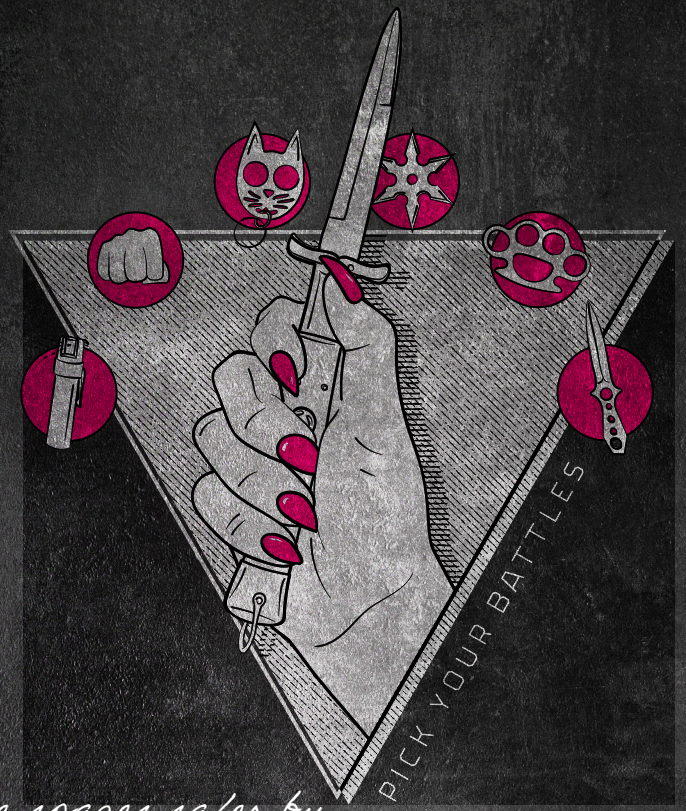
HONESTLY, IT CAN BE REALLY LONELY.

MY DAD TOLD ME, "YOU DON'T HAVE TO DANCE IF YOU'RE NOT COMFORTABLE WITH IT, BABY." AND SOMETIMES THAT HELPS A LOT, BUT IT ISN'T TRUE IN EVERY CASE. SOMETIMES WE HAVE TO DO THINGS WE DON'T LIKE, AND THAT'S LIFE. STILL, I WISH PEOPLE UNDERSTOOD THAT NORMAL, EVERYDAY THINGS ARE SO MUCH HARDER FOR SOME THAN OTHERS. IT'S A LUXURY TO BE UNDERSTOOD.

I WISH I COULD BE PRESENT NOW.

The anxiety is too distracting.





make spaces safer by looking out for each other.

– MWeber

THIS IS FREE, BUT IF YOU'D LIKE TO CONTRIBUTE, SCAN BELOW. ©MEAGAN WEBER 2024

venmo

Zelle

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